

Flight Jacket

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Marine Corps Air Station Miramar

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Motorcycle thefts on Station prompt investigation

By Sgt. W.A. Napper Jr.

CPAO, MCAS Miramar

In the past six months, four motorcycles have been stolen here.

Yet, according to Gunnery Sgt. Joseph Sylvester, Military Police Investigations chief investigator, "We don't have a crime wave on this base."

Instead, "People are simply not taking the proper measures to ensure their gear is taken care of," he said.

There is, however, something all of these bikes have in common – all were unsecured dirt bikes.

Two of the dirt bikes were made by Honda and the other two were made by Yamaha. All four bikes had 250cc or smaller engines.

Sylvester believes the perpetrator isn't following any distinct pattern when stealing the dirt bikes, because the bikes were taken from different areas on the Air Station. One was taken from an unsecured garage in housing and another was taken from the bed of a pick-up truck. A third dirt bike was for sale at the "lemon lot."

Although secured to a trailer, Sylvester said the thief hooked the trailer to a vehicle and simply drove off the lot.

"(Most) motorcycles are mobile and light," Sylvester said. "This makes them easy to take. Owners should ensure the steering column is locked or buy a cable and lock and secure the bike to a pole – anything to make the target harder to take."

Sylvester pointed out that no larger motorcycles, like cruisers, racing bikes or street bikes, have been taken. However, he said owners of bigger bikes should take the same amount of precautions as their dirt-bike counterparts.

"Don't load the bike into a trailer and leave it out or put



Gunnery Sgt. Joseph Sylvester, Military Police Investigations chief investigator, warns against placing motorcycles in the bed of pick-up trucks. Owners need to ensure their vehicles are secured when not in use. Although the thefts are not an organized effort, all riders should be wary. Photo by Sgt. W.A. Napper

it in the bed of a pick-up because everyone can see it," he said. "If it's out of sight, it's out of mind."

Military Police officers will randomly check the registration, insurance coverage and driver's license of all mo-

torcycle riders entering the air station.

"The crimes are not an organized effort," said Sylvester.

"They're taking advantage of targets of opportunity."

MPI officials are investigating the thefts.

Miramar stands up second SAF platoon



At the outbound lanes for Miramar's main gate, a Marine stand guard preventing outgoing traffic from this exit. Standing post at the gates is only one role of SAF augmentees. Photo by Cpl. Kristopher S. Haloj

By Cpl. Mark P. Ledesma

CPAO, MCAS Miramar

A second Security Augmentation Force platoon on board Marine Corps Air Station Miramar began training last week to ease the burden on the first SAF platoon that was stood up in the beginning of August.

According to 2nd Lt. Ernest C. Lincoln, Provost Marshal Office, commander, 1st and 4th platoons, the decision to form a second SAF platoon was made because of

recommendations by individual units who needed to rotate their Marines.

Headquarters and Headquarters Squadron's executive officer, Maj. Steven M. Holtzhouser and Gunnery Sgt. Sean M. Doran, H&HS squadron gunnery sergeant, coordinated the formation of the new platoon.

During the initial three days of basic training, SAF Marines were trained in areas such as martial arts, counter terrorism and

other important military police skills.

Once Marines are finished with the SAF training, they are assigned to PMO for six months.

"The SAF is extremely vital to the Air Station," said Lincoln. "They help the Military Police with a lot of extra duties, such as inspecting vehicles entering the base. The first platoon did an excellent job securing the Air Station following the tragedy that occurred in New York."

Some Marines currently assigned to SAF are volunteers who were member of former SAF platoons.

"Most of the Marines are 'gung-ho' about being in the SAF. A majority of them want the training that the SAF has to offer them," said Staff Sgt. Daryl Clark, administration chief and staff non-commissioned officer of SAF.

"It is a good experience to have," said Cpl. Deborah J. Buemtello, H&HS administration clerk, "I get to work in a different environment and experience the types of training the military police goes through."

"It is a good experience to have. I get to work in a different environment and experience the types of training the military police goes through."

Cpl. Deborah J. Buemtello
administration clerk, H&HS

TRICARE Prime—first choice for family members

By Sgt. A.C. Strong

CPAO, MCAS Miramar

Family member of corporals and below on board Marine Corps Air Station Miramar can now disenroll from TRICARE Prime at any time without penalty, due to a recent change in enrollment policy.

“DoD [Department of Defense] has always had a lockout period,” explained Jeanne Hannon, marketing manager, Health Net Federal Services. “If you disenrolled then you had a lockout period before you could reenroll.”

The one-year lockout provision for early TRICARE disenrollment has been eliminated for active duty family members of E-1 through E-4 sponsors.

“We want to encourage them to stay enrolled in Prime,” said Hannon. “Prime is the first choice for family members, mostly due to its benefits.”

Benefits of TRICARE Prime enrollment include priority access at the military treatment facility, timely access to a designated primary care manager, no active duty family member copayments or cost shares for civilian care, minimal out-of-pocket costs for retail pharmacy use, and no claim forms for family members to file.

If beneficiaries disenroll and then decide to go back to TRICARE Prime, Hannon offered suggestions. “Within California they need to contact a Health Net Federal Services customer care representative at the 800 number or visit your local TRICARE Service Center,” she said.

For a customer representative, call 1-800-242-6788. For information on enrolling in TRICARE Prime or TRICARE benefits, visit www.healthnetfederalservices.com or www.TRICARE.osd.mil.

Breast Cancer: a internal terrorist

By Jeanne O. Whitehouse

Special to the Flight Jacket

While the fear of terrorist attacks preys on the minds of Americans, a deadly and most personal terror lurks in the breasts of millions of Americans. Not diminishing our Nation’s loss, the horrible tragedy of September 11th took more than 6,000 innocent lives and affected tens of thousands of American families across our nation. Breast cancer, the quiet terrorist, will strike down more than 40,000 women and 400 men this year alone.

“Women are at risk for breast cancer in every family and community in America,” said Amy Langer, National Alliance of Breast Cancer Organizations’ Executive Director and a 16-year breast cancer survivor.

During October, National Breast Cancer Awareness Month, survivors of this dreaded disease participate in activities across the nation.

Naval Medical Center San Diego holds Breast Cancer Survivors’ Day, Saturday. One of those survivors, Lt. Cmdr. Juana Wilson, is a retired Navy nurse diagnosed with breast cancer at the age of 31. Wilson manages to stay upbeat while dealing daily with her breast cancer, which has metastasized to her lungs, and the hoard of medications and treatments she requires.

Many women are uncomfortable about performing the monthly breast self-examinations that gynecologists recommend. There are numerous social and cultural taboos that somehow offer excuses to avoid this most necessary and personal task. Wilson, being a nurse, was more diligent than most. She stuck faithfully to her monthly regimen and knew what she was doing. During her tour of duty in Okinawa, Japan, she found what she suspected to be a lump and monitored it for three months. Knowing the normal condition of her breasts allowed her to notice the tiny lump and



Men can also get breast cancer. James and Edi Harmon, stand proudly displaying masks that they built to cope with breast cancer that struck James. Courtesy Photo

prompted her to have herself checked by a doctor. She was then diagnosed with stage-II breast cancer with lymph node involvement.

How could someone who did everything right still have Breast Cancer? The point is, nothing could have stopped her from getting breast cancer, but doing her examinations regularly helped to make her a survivor. It allowed her to find the cancer at an early enough stage that it was still treatable.

Throughout Wilson’s seven years of treatment, she has experienced many painful side effects, numerous surgical procedures and an incredible number of medications for her chemotherapy and pain management, yet she still manages a positive outlook on life. She sees herself as a leader, a role-model for others ... a “warrior woman.”

Although her battle with cancer led to the end of her marriage and took away any hope

she had of ever having children, Wilson proudly maintained her active duty status, contributing well above expectation in her mission as a member of the Navy Nurse Corps. She retired from the Navy in 1999 but continued her military discipline by embracing her battle with breast cancer as another military assignment. She battles her disease not simply with the aid of chemical and radiation treatments, but with a positive attitude and the will to be the best cancer fighting warrior she can be.

Wilson’s ability to change her obstacles into more positive learning experiences has made her a role model for all of us. She encourages others not be afraid of what they might find, but to know their bodies as she did so that they too can be survivors – warrior women in the fight against the most per-

See **Breast Cancer**, page 11



Policing their own

Officer Phil K. Stine of the Los Angeles Police Department, hands out administration cards to Marines Oct. 11. Marines were waiting outside of the Lifelong Learning Center to take part in the LAPD’s written exam as part of the police department selection process. The test consists of multiple-choice questions test and an essay. Marines interested in a career in law enforcement can call (866) 444-5273 or visit Qualcomm Stadium Saturday for the Law Enforcement Expo from 10 a.m.-3 p.m. Photo by Cpl. Scott A. Whittington

Called-up reservists entitled to certain rights, benefits

By Sgt. Mike Camacho

CPAO, MCAS Miramar

Marine reservists called to active duty have certain rights and benefits available to protect them.

According to Col. Sonny Liston, Marine Aviation Logistic Squadron 46 commanding officer, his reservist Marines receive this type of educational training almost every drill weekend. He also mentioned that the training is normal operational business.

“It is my job to make sure these Marines are ready, able and willing to step up to the plate if they are called upon,” said Liston.

Reservist Marines are protected under the Soldiers and Sailors Civil Relief Act.

This act was passed by Congress in the 1940s and was designed to protect individuals serving on active duty from suffering as a result of their service.

There is also a national committee that is dedicated to supporting national guardsman and reservists. The National Committee for Employer Support of the Guard and Reserve is a Department of Defense organization whose mission is to promote public and private understanding of the National Guard and reserves.

The committee works toward gaining employer and com-

See **Reservists**, page 11

Keeping fire safety alive during Halloween

By Jeanne O. Whitehouse

Special to the Flight Jacket

“Double, double, toil and trouble; fire, burn; and cauldron, bubble...” That was a quote from William Shakespeare’s famous play, Macbeth. “...Fire, burn...” is the part that catches your ears. Over the past few decades, Halloween has become more than just a night to dress up and wander off in search of vast quantities of candy. All too frequently we get wrapped up in the excitement and forget about simple fire safety.

National Fire Prevention Week was October 7-13, but on Oct. 14 we shouldn’t forget everything we have learned.

The Marine Corps Air Station Miramar Fire Prevention Office, located in Building 7208 across from the military police office, has a great deal of useful information on how to protect your family against the dangers of fire. According to Susan Homan, Miramar Fire Department, fire inspector, October is the month in which we should all be checking our fire alarms to ensure that they are working properly. You should clean them with a damp cloth, check the batteries if necessary and test them using a small amount of smoke; perhaps by blowing out a lit birthday candle and holding it a few inches from the fire alarm. If working properly, the smoke will make the alarm sound.

This month is an excellent time to sit down with your family and write up a fire escape plan. Ideally, the escape plan should give your family two safe exits from the



Luke Ruby, 3, shows off his football player costume. One thing parents are reminded of is the potentially flammable properties of costumes. Parents are cautioned to make sure their children are wearing fire retardant costumes. Photo by Sgt. Troy M. Ruby

home. Writing up the plan is not enough however – you should practice it and make sure that everyone understands the best exit from every location in the house.

Here are a few tips to keep you and your children fire safe this upcoming Halloween:

- Only use fire-retardant costumes. Most store-bought costumes have tags labeling whether or not they have been treated with fire retardant chemicals.
- Do not use colored hair sprays or other flammable Halloween special effects near an

open flame or other heat source.

- Have your children carry flashlights for trick-or-treating rather than candlelit lanterns. Lanterns may be pretty but they are

See **Halloween Safety**, page 10

Halloween safety goes beyond kids’ responsibility

By Sgt. Tisha L. Carter

CPAO, MCAS Miramar

It’s nearly that time of year again when all the ghosts and goblins come out to play their tricks and get their treats.

Safety is always a big concern around Halloween and there are many precautions kids can take to help ensure their safety. However, it’s not all up to just the children, there are many precautions that parents, homeowners, and drivers need to remember as well.

According to the Children’s Safety Zone Web site, there are some additional safety tips everyone should keep in mind.

Homeowners should keep their yards clean and free of garden hoses, dog leashes and flower pots that could trip children.

If displaying jack o’lanterns, battery powered lights are suggested, however, if candles are used, be sure to keep them away from areas where trick-or-treaters will be walking. Make sure that paper or cloth yard decorations do not blow into the flames.

Pet owners are reminded that Halloween excitement can be frightening for pets and they should be kept out of the way. This will protect them from cars as well as inadvertently biting a child.

According to Gunnery Sgt. Paul Leigh, H&HS Substance abuse counselor, drivers drive should slowly on Halloween night, as the pedestrian traffic is high. Adult Halloween parties need to have a designated driver if alcohol is involved.

Parents should make sure their children eat dinner before going out. They should also remember to provide change for them in case they need to call home. Be sure they wear a watch that can be read in the dark.

Not only should parents make sure children know exactly when to be home, they should know where their children will be going. Tell children to bring their candy home to be inspected before consuming it.

“I personally inspect all of my kids’ candy,” said Sgt. Angela Strong, H&HS Marine and mother of three.

Many families opt for alternatives to the traditional door-to-door trick-or-treating.

“I usually try to take my kids to some sort of community party and keep them off the streets,” said Strong. “If I can’t find somewhere to take them, I personally go with them. I see far too many kids running around without grown-ups.”

For those interested in some different Halloween night options, Marine Corps Community Services here has something to offer. Thursday kids can attend a magic show at 1:30 p.m. at the Station Theater. At 2 p.m. the theater will show the movie Spy Kids, which includes a child’s size popcorn and drink and a free goodie bag after the movie.

For adults, Miramar’s Area 51 Enlisted Club is having a costume contest with cash prizes and a Halloween party on October 31.

For more information about upcoming MCCA events log on to their Web site at www.mccsmiramar.com.

Ad Space

Breast Cancer survivor becomes warrior

By Juana M. Wilson

Commentary

Growing up as little girls I think we all dreamt, at one time or another, of becoming a movie star, ballerina, an all-star athlete, or a politician.

But never in our wildest dreams did any one of us dream that our greatest role or performance would be to fight a disease so uniquely devastating to not only our culture, and society but also the very nature of being a woman.

Since being diagnosed in 1994 with breast cancer, I have incurred five reoccurrences requiring three surgeries, six weeks of radiation, two stem cell transplants, and 36 months of chemotherapy with 14 different agents.

My experiences with cancer changed my adult dreams from a growing career as a Naval officer to warrior. It was the visualization of great warrior women of ancient Greece, Rome, Africa and France who led troops to conquer lands and fight for freedom and



Retired Navy Lt. Cmdr. Juana M. Wilson, breast cancer survivor, displays a mask she made to help her get in touch with her inner feelings. *Courtesy photo*

battle in hopes that its purpose is for those who walk behind me may have a clear path - that their souls are ignited not by the battle, but its purpose.

beliefs.

Cancer, like the battlefield, is unpredictable, challenging, daring and difficult. It gave me the courage, confidence and strength to give the performance of my life; to sit tall, proud, strong and gallant atop the royal horse and lead the charge to what I believe to be worth fighting for...my life.

Unfortunately victory comes with great sacrifice. I lost the most wonderful childhood dream of all - that of becoming a mother.

Other victims, "casualties of war," were my marriage and my military career. I have given up the privacy of my personal life to those who share my charge for life. In the mist of the battle, my greatest challenge is to love and let be loved.

Like the women warriors of centuries past, I continue the

Please don't bother reading this commentary

By Sgt. A.C. Strong

Commentary

Don't read this. No, really. Don't bother.

It won't change your life. It won't do anything to boost your morale or your career.

It won't help you get a date or anything that goes along with that. In fact, it will probably make you feel bad.

Stop reading now. Do not read this - especially if you would never hurt your family. I mean, if you don't have anything to worry about, then why read on?

I'm talking to the rest of you. Oh yeah. You know who you are.

You slap your kid 'cause it's easier than

finding out why she's crying.

You shove your spouse 'cause you might have to deal with someone's needs besides your own. You are an expert at looking good on the outside, but you are dead inside.

It's easy to blame it on alcohol or the way we were brought up, isn't it?

ABUSER. Mad yet? CHILD BEATER. Wanna hit someone? Hit me. Angry? Good. Offended? Too bad.

You see, this isn't an editorial where it's necessary for me to express commander's intent or Marine Corps Orders.

It's a commentary. It's my opinion. And my opinion is that if even one child dies from being beaten, then something is wrong with this picture.

If thousands of spouses are permanently

disabled or killed ever year, and children are being placed in foster care because they need protection from the ones who created them, there is something wrong with this picture.

Are you still reading? Domestic violence is everyone's problem.

Does it make you sick to know that there are people like this?

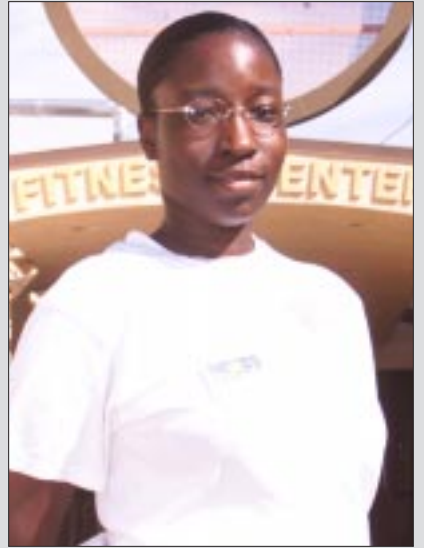
Then do something. Do anything. Just don't look away. Because when you don't look, it DOES hurt. It hurts the ones who need help most - the victims.

Page five of this issue of the Flight Jacket is dedicated to National Domestic Violence Prevention Month.

Yeah, don't read this. It might make you angry. It might make you think. And it just might make you get involved.

Mir Remarks

How much time have the new security measures added to your commute?



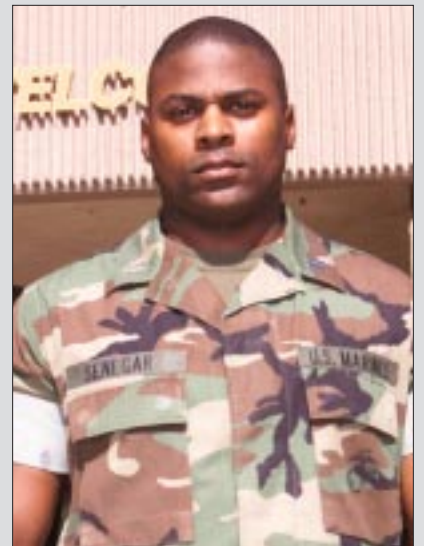
"I used to get up at 5:20 a.m., but now it's 4:50 a.m. because it takes about 20 minutes to get here and about 30 minutes to an hour to get on base."

*Ife Perkins
Semper Fit
customer service*



"It has not significantly increased. I just have to be patient. It takes longer only because I never know which gate is open to get on or off base."

*John McGill
U.S. Navy
retired captain*



"Coming on base around 6:45-7:15 a.m. via the West Gate usually takes about 5 minutes longer, but the East Gate takes about 30 minutes or more. Getting off base takes an extra 10 minutes around 5:30 p.m."

*Capt. AnDroy Senegar
MACG-38
ground safety officer*

OPSEC Your life may depend on it

Ad Space

NOW TELL US WHAT YOU THINK

Do you have something to say? Do you have a strong opinion? Did you see something in the Flight Jacket that you thought was bad, good, right or wrong? Let us know. Our staff would like to see your byline in the Flight Jacket. The newspaper staff encourages readers to submit commentaries, letters to the editor or other articles or photographs. Story submissions can be sent by mail to: FJ Editor, H&HS PAO PO Box 452013, San Diego, CA 92145; by fax to 577-6001 ATTN: FJ Editor; or by e-mail ombpaoflight@miramar.usmc.mil.

Peace at Home: *Breaking the cycle of domestic violence*

By Dave Furlong

MCCS, MCAS Miramar

October is Domestic Violence Awareness Month. Think you know everything there is to know about it? Here are a few you may not be aware of:

- Alcohol is *not* the main cause
- Is it *not* a predominantly lower-class problem
- It is *not* more common in certain ethnic groups than in others

There is a difference between “domestic arguments” and “domestic violence.” Conflicts concerning financial hardship, sexual infidelity, alcohol or drug abuse, work pressure or jealousy may escalate into arguments. However, partners are neither abusers nor victims if neither has more power or control over the other. In domestic violence, the conflict concerns *power*; one partner is abused by, and made afraid of, the other as a means of control. Power and control issues are central in domestic violence.

Domestic violence may be physical, verbal, sexual, psychological, spiritual, economic or social. Physical abuse is common. Spouse battering accounts for more injuries to women than auto accidents, rapes or muggings. Battered women (statistically, men are the majority of spouse abusers) often suffer long-term mental, as well as, the more immediate physical problems. Emotional and psychological problems may be more difficult (and expensive) to treat than physical injury.

The long-term effects of domestic vio-

lence are many. The battered spouse may withdraw from friends and family. Domestic violence may cause absence from work and subsequent loss of income or employment as a result of physical injury or the need to appear in court or to attend counseling sessions. A divorce may force relocation, and may also cause separation from the spouse’s religious community, as well as add to feelings of guilt, if her religious doctrine prohibits divorce. Many battered women give up their financial security through divorce, simply to escape the abuse.

A 1995 Gallup Poll suggests that 1.5 million to 3.3 million children witness parental domestic violence annually. Children are both witness to and target of domestic violence. Men who abuse their spouses often abuse their children, too. Mothers who are abused by their spouses may in turn harm their children. Children may be intentionally injured in an effort to intimidate and control the parent. They may also be *unintentionally* injured by an object being thrown, while the mother holds younger child during an attack or in an attempt to intervene in the violence.

Even if a child is not physically hurt, he or she will hear screams and see the visible result. Violence in the home may keep a child in constant fear – fear of losing a parent or of being the next target. In some cases, the child may have feelings of guilt. Younger children in violent homes often suffer behavioral and learning problems, the inability to sleep (or nightmares), or suffer from depression, anxiety or violence. They may grow

up to become spouse abusers themselves.

There is a cycle to domestic violence: tension building, and a breakdown in communication, may lead the victim to attempt to placate the abuser; an incident of verbal, emotional or physical abuse intimidates the victim; the abuser apologizes, offers excuses and might even blame the victim; the incident is forgotten ... until the next cycle.

So, what’s the good news? Help is available. MCAS Miramar has many programs in place to provide immediate assistance (see sidebar). Local, off-Station hotlines include the Crisis Intervention Hotline, (858) 272, 1767; the Child Abuse Hotline, (858) 520-2191; and the Emergency Housing Shelter Info Line, (619) 230-0997; Center for Community Solutions, (858) 272-1767; and the YWCA Battered Women’s Shelter, (858)

270-4504.

National 24-hour telephone hotlines include the National Domestic Violence Hotline, 1-800-799-SAFE (7233) and 1-800-787-3224 (TTY). There is no need to give your name. The hotline offers crisis intervention, information and referrals to local shelters, programs and agencies.

The U.S. Department of Justice has a Web site at www.ojp.usdoj.gov/vawo. There are many private sites such as FamVi, at www.famvi.com/index.html or The National Coalition Against Domestic Violence at www.ncadv.org.

There is no need to continue in an abusive relationship. If domestic violence is controlling your life, you can do something about it now, at no cost: you can break the cycle.

Marine Corps Community Services, chaplains take steps to stop abuse

By Dave Furlong

MCCS, MCAS Miramar

Miramar MCCS is installing a new, 24-hour computerized telephone system. The new system offers prerecorded tapes on a wide variety of topics, including domestic violence, with easy-to-find advice and referral numbers, to anonymous users.

The MCCS Miramar Web site will include referral numbers. The site can be accessed at www.mccsmiramar.com. Look for a link on the front page.

Miramar MCCS offers solution-focused family counseling services, including workshops on anger management, communication skills, conflict resolution, domestic violence awareness, parenting with positive results and stress management. The Family Advocacy Program offers counseling, education and prevention services. Call 577-6585 for details.

In addition, Miramar families can take advantage of free programs like PREP and CREDO.

CREDO, the Chaplain’s Religious En-

richment Development Operation, is designed to help participants relate more authentically to themselves, with others and with God, and to have a more satisfying and meaningful life. The Chapel also offers Marriage Enrichment Retreats and other programs, at no cost and on a regular basis. Call 577-1333 for information.

The Prevention and Relationship Enhancement Program is designed to strengthen marriages through building better communication skills, before the marriage is in trouble. Couples learn speaker-listener techniques, problem-solving skills and conflict resolution. Financial and relationship assessment training is included. PREP is offered through the Chaplain’s Office. Call 577-1333 for more information.

Because financial problems can bring about potentially violent domestic situations, MCCS Miramar offers free classes in budget planning, debt management, banking skills, car buying, investing and home buying through its Personal Financial Management Office. Call them at 577-9802 for details.

Ad Space

Other MCCS Miramar programs which can help resolve family stress

Marine New Parent Support Program	577-9812
Suicide Awareness and Prevention	577-4099
Substance Abuse Counseling Center	577-1297
Family Member Employment Assistance Center	577-6491
Key Volunteer Network	577-1322

Knott's Scary Farm

Not for the faint of heart

By Cpl. Kristopher S. Haloj

CPAO, MCAS Miramar

It's the black of night. Blindly sorting through crippling fog to which there seems to be no end, your abdomen clenches tight like a strangler's grip as an undeniable surge of fear jolts through your pathetic body. You know at any moment you may fall victim to one of the many hell-spawned creatures known to frolic in the Satan's breath that utterly surrounds.

In an area once known as Knott's Berry Farm, a place of amusement, a place in where your security never came into question, you find yourself with nowhere to turn. You find yourself at the 29th Annual Halloween Haunt at Knott's Scary Farm.

Once again the folks at Knott's Berry Farm have transformed their mild-mannered amusement park into a 160-acre living horror movie. Every inch of the park is draped in cobweb and vine. Artificial fog fills the walk ways and streets while hundreds of fiendish ghouls roam the park at-will, terrifying all who cross their path.

"It is so creepy," said Grace Malone, a 24-year old San Diego resident. "I've been to (Knott's Berry Farm) many times, this is so different. It is like stepping into a scary movie."

The look the park has been given is just the beginning. There are 10 mazes for those who truly want to get their scare on. For example, the "Lore of the Vampire" is a maze where the fanged children of the dark lord himself rise from the underworld with a deadly thirst and will stop at nothing to quench their gruesome desire.

"The 'Lore of the Vampire' was so scary," said Ralph Livingston, 29, Los Angeles resident. "I wanted to just

get out of there. I grabbed my girlfriend and just started running."

If a grotesque take on a classic novel is more your speed step into "Malice in Wonderland". Journey down the rancid rabbit hole to Wonderland. Where gruesome, not-so-familiar, characters await your arrival. The entire maze is in 3-D, bending your sanity to the point of hysteria.

There are also four "Scare Zones" within the park - areas set in specific themes of terror. For Example, "The Gauntlet," located in what is usually the Camp Snoopy area of the park, is made to reflect a plague-swept kingdom inhabited by the doomed, who want revenge for their suffering. These angry, deformed souls seem to blame all who pass through. After making it through the Gauntlet alive, curious shrill seekers might dare take a stroll through "The Swamp". Reflection Lake, as it was once called, has spoiled so-to-speak. Strange creatures of vicious temperment have risen from the once serene lake's murky depths. These carnivorous creatures are out to devour humanity and refuse to descend back to their murky hell until they do so.

In addition to the spine tingling mazes and scare zones, there a variety of spooky stage performances offered. "Elvira at 20... Almost Legal," starring the Mistress of the Dark herself, and "The Hanging," starring The Crypt Keeper are two of the macabre offerings.

The Halloween

Haunt at Knott's begins at 7 p.m. tonight through Oct. 21 and Oct. 25-31. Tickets can be purchased at the Marine Corps Community Services' Information Tickets and Tourism office on Station for discounted rates ranging from \$25 to \$34, or for regular rates call Ticketmaster at (213) 365-3535. The park is not recommended for children under 12. For more information concerning the event call Knott's Scary Farm's Haunt Line at (714) 220-5130.



A vile creature, this profane monstrosity awaits its prey in the "Carnival of Carnivorous Clowns." The clown section is only one of many chilling sites offered at Knott's Scary Farm. Photo by Cpl. Kristopher S. Haloj



Over 1,00 monsters like these venture out into the Knott's Scary Farm park for a night of fright. Courtesy Photo



Out of the fog steps this atrocious beast, baring the wretched stench of death. Blood fiends such as this are known to attack at any given moment, and have no boundaries - they lurk through the entire park. Photo by Cpl. Kristopher S. Haloj.



Several monsters that roam throughout the Knott's Scary Farm park are shown here in all their goulsh glory. The 160-acre park features 10 walk-through mazes and four "scare zones" among other things. Courtesy Photo

Ad Space

Behind the scenes: Marines making things happen while keeping aviation at its best

By Sgt. Carolyn S. Sittig

CPAO, MCAS Miramar

With aircraft flying overhead everyday there's no doubt what a pilot does and that his job serves a purpose. Maintenance Marines in the background are critical to keeping "birds" in the air, their mission isn't easily recognized or "pigeon-holed." These Marines often spend extra hours or work on the weekends to complete mission-essential repairs. They are behind the scenes getting the job done with little or no recognition.

Their importance, once these Marines deploy, becomes readily apparent. Thrust into a variety of situations in support of various units, they do what it takes to get the job done, and some-times even surprise themselves.

"Seeing the aircraft integrate is amazing. You can actually see the purpose you serve," said Cpl. David M. Wilder, Marine Heavy Helicopter Squadron 466 flightline mechanic.

When units deploy, the job of maintenance Marines takes on a different perspective.

Wilder explained that the primary difference between being back at the rear at Miramar and being in the field is that here the squadrons are trying to maintain aircraft as well as training pilots and air crew.

"In the field, we simulate combat operations and interact with other squadrons whether it's fixed wing or Hueys or Cobras. The interaction is the (main) challenge," said Wilder.

Another fundamental difference is the way maintenance is conducted. In the field, there are a limited

number of sections, many of which only work with a partial staff. With reduced numbers, the few Marines that are in a field environment have to learn how to think on the go and do things without the support of all the work sections, said Staff Sgt. Tony L. Frybarger, HMM-466 quality assurance specialist.

Wilder said that as a Marine with relatively little field experience, he prepares himself by asking senior Marines what to expect from a particular field environment.

Frybarger said another way squadrons

train new Marines is by pairing them up with more senior and experienced Marines.

For Seahorse Wind, a recent exercise, he said only a quarter of the on the exercise were new. Limited ability to get equipment and the necessity of getting things fixed fast made it necessary to send the most qualified Marines to keep operations running.

"When we're out in the field we teach junior Marines how to trouble shoot quickly, vice here, where they can learn one problem at a time and how to fix it," said Frybarger.

Regardless of the environment or type of deployment one thing is common in many Marines: they do their job



Sergeant David Whitlock, HMM-466 airframes mechanic, works to replace a damper on the rotor of a CH-53E Super Stallion Tuesday. Routine maintenance is a must for squadrons, ensuring their aircraft are up to par. Photo by Sgt. Carolyn S. Sittig

and do it well.

This philosophy is summed up by Wilder, "I do my job everyday the way it's supposed to be done and I try to do it the best way I can."

Ad Space

Freedom on two wheels: *only a few dollars away*

By Sgt. W.A. Napper Jr.

CPAO, MCAS Miramar

Marines and Sailors here know the price of freedom. They face it every day. They know they can be deployed at a moment's notice to protect American lives and interests.

However, many people believe that few things truly exemplify the idea of freedom as seeing the country on two wheels.

For many, the thought of owning a motorcycle is a dream – an elusive fantasy that sits right next to being a rock star, an actor or climbing the Swiss Alps. Some realize that dream and make the commitment of purchasing a motorcycle – a task that can be just as challenging as riding down a California highway.

There are many variables to keep in mind when looking for a motorcycle, new or used; buy it outright or get a loan, engine size and type of bike all need to be considered before making the step of “motorcycle owner.”

According to Jim Knight, local motorcycle sales manager, the first thing Marines and Sailors should consider is their motorcycling needs.

“If I wanted to buy a motorcycle, I would find out what type of riding I like best,” he said. “I would find a bunch of guys with sport bikes and check out their machines. Then I’d see what the guys with the cruisers or touring bikes are doing. If I wanted to be a sport rider, that’s the kind of bike I’d get. If I just wanted to cruise the local scenes, I’d get a different bike all together.”

Not only should the style of bike be taken into consideration, but the size of the bike and engine should be looked at as well. Knight stresses to research what type of motorcycle you’re interested in before going to the dealership. Dealers can fine-tune the right bike from a basic idea of an individual’s needs and desires.

“My job here is to find the motorcycle that’s right for the individual,” Knight said. “It doesn’t do me or my customers any good if I sell them a bike that they’re going to outgrow in six months.”

Fernando Cruz, United Services Automobile Association insurance specialist, said motorcycle rates are based on



Jill Colvin, local motorcycle sales representative, explains the difference between specific models of motorcycles. When buying a motorcycle, size, engine and riding style should all be taken into consideration. Dealers can fine-tune the right bike for prospective buyers. Photo by Sgt. W.A. Napper Jr.

performance of the bike, cost of repair and amount of injury in an accident.

“We run different tests on different vehicles every year and our rates are based on the results of those tests,” said Cruz. “A bike with a bigger engine may be faster than another or may cause more severe injuries in an accident than another. The bike that’s faster or causes more injury will have a higher premium.”

Knight said there are two main ways to become a motorcycle owner – either purchase the vehicle from an individual or buy a motorcycle at a dealership.

“If at all possible, I’d buy new,” he said. “That way you’re not buying someone else’s machine. You’ve got something that is strictly yours from the very beginning. Also it’s usually easier to get financing for a new bike than a used one.”

Other advantages to buying a new motorcycle are warranty and maintenance issues. New machines come with a warranty similar to that of cars and vary from manufacturer to manufacturer. Knight said new motorcycles also have

fewer requirements for maintenance because they’ve never been mistreated – they come straight from the factory to the showroom floor.

“If you’re looking at a used bike, you’ve got to ask yourself why the guy is selling it,” he said. “A potential buyer should always have a dealership look at a motorcycle they are thinking about buying. If they buy a used bike from me, I have the reputation of the company to uphold. I’ll be completely upfront about the history of the bike. Some guy off the street probably won’t be so honest.”

When buying a new motorcycle, Knight said to always be upfront with the sales representative about credit history or even a lack of knowledge about the bike.

“Go in when you’re ready to buy,” he said. “Just remember, there are no dumb

questions. When you come down here, feel free to ‘what if’ us to death.”

Knight said a dealership’s staff should be friendly and helpful at all times, not just interested in making a sale. The dealership should also have a reputation for taking care of the customer and not just getting their product “out onto the streets.”

“Is the dealer you’re talking to just trying to make a sale or are they providing the information you need,” he said. “These are questions that you need to ask. For example, here we do not sell motorcycles – we sell lifestyles. We ensure our customers know they have friends here and that they can rely on us. Every Saturday we throw a barbeque for free for them.”

As important as re-searching the bike, potential buyers should research the

dealership as well. Has it been in business for a while? Are parts readily available? Do its customers appear to be happy or contented? Knight said these are all questions riders should ask themselves.

Knight also said that quite often, a motorcycle is the third-largest investment most people make – right behind owning a house and a car. A wise move before purchasing a motorcycle may be taking the beginner’s riding course offered by the Motorcycle Safety Foundation. This 22-hour-long course teaches everything any rider needs to know to enjoy riding safely. No previous riding experience is necessary to take the course.

“If they [the dealership] are looking out for you, then everything’s good,” said Knight. “First and foremost, I want you to be happy. Then you’re a customer for life.”



The tide brings in four more years

Corporal James N. Wheeler, field training officer, Provost Marshal’s Office, repeats his oath of reenlistment dressed in field battle gear waist-deep in the Pacific Ocean at Del Mar Beach

aboard Marine Corps Base Camp Pendleton Friday. Joining Wheeler were 10 of his fellow military police officers from Miramar. Photo by Cpl. Micheal O. Foley

Ad Space

Enlisted service members take to the links

By Cpl. Kristopher S. Haloj

CPAO, MCAS Miramar

San Diego area enlisted servicemembers gathered at the Admiral Baker Golf Course Oct. 10 for the All-Enlisted Golf Tournament.

Prior to tee-off, participants clubbed it out in a little putt competition where the Navy's Ray Funke stepped away champion. Enough small talk, let's get to the goods.

The name of the game – golf, scramble format. Each team of four begins at a different hole. All four players tee off from that hole. The team then decides which shot out of the four they will play. From within a club length of that shot point, all of the team members will play. The process is repeated until each players' ball reaches the putting surface. From that point, the balls are played where they lie until one of the players holes the ball.

Equipped with golf cart and club bags, the teams hit the greens swinging.

As a little competitive bonus, a separate interservice tournament was put into the mix. Six teams, two Marine Corps, two Navy and two Coast Guard were chosen to compete for the Fleet Week Interservice trophy. There were also smaller contests worked into the tourney, like the longest drive competition.

"It was awesome, a very good set-up from start to finish," said Eduardo Rodriguez, Marine Corps Air Station Miramar. "We played pretty good, but we were out there more for the camaraderie than anything else."

According to Rodriguez, the event was a

great morale booster and he greatly encourages Marines to get out there and participate in events like this.

By the end of the day, with carts parked, clubs put away and empties thrown in the trash, all of the teams relaxed and enjoyed a full course meal while waiting for the results of the competitions.

Stuffed full of the complimentary cuisine, participants smiled as the time came to announce winners. Marine Corps team 10, consisting of Michael Hoffman, Brian Long, Michael Householder and Emmett Jesse claimed victory for the overall scramble tournament with 11 under par for the course. Players willingly claimed their prizes - round trip tickets to anywhere in the country, courtesy of Frontier Airlines.

"Our whole team just picked each other up throughout the game," said Householder. "I think the tournament was organized effectively, it was a tremendous event."

For the interservice Fleet week tourney-within-the-tourney, the Navy faired well, taking the first two spots. The Marine Corps snatched-up the third place trophy with zeal.

According to Chuck Smith, event coordinator, the entire tournament was a great success.

"(The tournament) went very well," said Smith. "We had a full field, meaning there where no openings left on the course."

According to Smith, the prizes donated by various corporations for participants, were much better than he originally anticipated, which added greatly to the fun.

For more information on this event call Chuck Smith at (619) 472-5800.



Marine Corps Team 2 player Joseph Stuck, staff noncommissioned officer-in-charge, Self Help, MCAS Miramar, attempts a six-foot putt at Hole 5 on the Admiral Baker Golf Course during the All-Enlisted Golf Tournament Oct. 10. Stuck, along with the rest of his team, placed third in the interservice competition. Photo by Cpl. Kristopher S. Haloj

Miramar outlasts TSB, 6-3 *Jaguars claim North Division title*

By Cpl. Micheal O. Foley

CPAO, MCAS Miramar

The Miramar Jaguars outclawed the 1st Transportation Support Battalion Jaguars 6-3 Monday to clinch the North Division title in the Camp Pendleton Tackle Football League.

Miramar's only points came from running back David Philpot on a 1-yard smash on the first drive of the third quarter.

Philpot's score capped a 74-yard, 10-play drive and gave the Miramar defense all the points it would need to bring home the win.

Miramar's defense gave up its only points on a 24-yard TSB field goal the last play of the first half. The field goal was set up by an interception return deep into Miramar territory followed by a personal foul on a late hit out of bounds. After taking one shot into the end zone, TSB settled for the field goal.

Both teams were effected greatly by the Sept. 11 attacks. Due to increased operational tempo and security measures several players were forced to stop participating in intramural sports. Both squads fielded teams of less than 30 despite having nearly 50 on their rosters. Miramar dressed five new players just for the TSB game alone.

"It's been tough," said Miramar head coach Richard L. Mohny. "Our last game was Aug. 29. We have not had a full practice in pads since that game. Marines on [temporary additional duty], working late and providing security are all reasons we could not make practice. We all understand where our priorities lie."

Neither team was firing on all cylinders for this game. The high-powered Miramar offense was only held to single digits one other time this season, in its early-season loss to 1st Supply Battalion, 6-3.

One area Miramar was seriously lacking in was special teams. With starting placekicker and punter Kevin Mercier out due to operational obligations Mohny had to be creative with his play calling. Although they were often in field goal range, without Mercier, Miramar had no field goal kicker.

"With practice we would have found another field goal kicker and, no doubt, we would have attempted at least three field goals in the first half alone," said Mohny. "Mercier has a special talent. With work he could play at the next level or even higher."

Despite not being able to put together more than one scoring drive Miramar's offense tallied 104 rushing yards on 27 carries from five different players. Running back Darrell Gunter lead the way with 14 carries for 66 yards.

Quarterback Odis Alexander also had a decent night throwing the ball. Alexander was 11 for 20 with 193 yards. On the down side he threw two drive stopping interceptions.

Miramar's leading receiver was Jermaine Rutledge, who hauled in four balls for 48 yards. Receiver Christopher Isedore had three catches for 65 yards and tight end Xavier Campbell contributed with two catches for 57 yards.

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The win ups Miramar to 9-1 on the season, keeping abreast with South Division rivals Base Communications and 1st Supply Battalion with records of 9-1 and 8-1 respectively.

Miramar needs to win its last regular season game Monday against Headquarters and

Reservists,
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munity support that encourages participation in Guard and Reserve programs.

Another entitlement for those activated hits home. Family members of U.S. armed forces reservists called to active duty for more than 30 days are eligible for TRICARE benefits the day their military sponsor mobilizes.

Liston says that he strives to ensure his Marines know what they are entitled to if they are called to mobilize. “It really does us no good if these Marines aren’t ready to go,” he stated.

Log on to www.defenselink.mil for more information on Reserve members’ rights.

Support Battalion, 1st Force Service Support Group to be guaranteed a first round bye in the post season. Group, 4-4, needs to beat Miramar to ensure it makes the playoffs at all.

The game will be at Camp Pendleton’s 11 Area Mainside football field at 6:30 p.m. Monday. The team encourages everyone from the air station to go to the game and cheer them on.

Breast Cancer,
continued from page 2

sonal terror a woman may ever face.

Before you decide to put down this newspaper and go back to your old ways, here are a few statistics on breast cancer. By age 30, one in 2,525 women will be diagnosed with breast cancer. By age 40, one in 217 will be diagnosed. By age 50, one in 50 will be diagnosed. By age 60, one out of 24. By age 70, one out of 14 and by age 80, one in 10 will be diagnosed.

Although breast cancer effects both women and men, the number of cases between the sexes are greatly disproportionate. According to Wilson, it is projected that this year, there will be 193,700 cases of

breast cancer diagnosed; 192,200 of these cases will be women with men making up the remaining 1,500 cases. It is also estimated that there will be 40,600 deaths from breast cancer this year with 40,200 of them being women and 400 being men.

With the number of deaths from the recent terrorist attacks shocking people all over the nation, this seems an appropriate time to remind all women that we need to keep our health in mind. It is easy to become worried and distracted by the daily threat of terrorism on home soil. It is even easier to use this distraction as an excuse to put off the inevitable. It is time to start making the most out of our lives and protecting our futures. It is time to be responsible for our actions and take our breast health a lot more seriously.

There is a wealth of information at the Miramar Medical Center Women’s Health Clinic. Many brochures on various breast conditions and handy breast examination guides that you can hang in your shower and even a computer disk are available from TRICARE.

A few informational Web sites on breast cancer and breast health are the National Cancer Institute Web site located at: www.cancernet.nci.nih.gov, the American Cancer Society at: www.acs.org, and www.cancer.gov and www.onclink.org.

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